In brief

Vol. 64, No. 47

Golden Age party

Volunteers are needed for the Golden Age Christmas Party Wednesday at the Enlisted Club. Volunteers are need in three areas: Set-up/ tear-down, basket pick-up/delivery and escort. For more information, or to volunteer, contact Chief Master Sgt. Fitzgerald Hentz at 283-4077.

Holiday hours

Finance customer service and Military Personnel Flight customer service office hours have been changed to 8:30 a.m. to 4:30 p.m. Monday-Friday. This change will provide additional time for mandatory physical, functional and contingency training. For more information call 283-4117 or 283-2276.

Tree lighting ceremony

Tyndall's Christmas tree lighting ceremony will take place at 5 p.m. Dec. 9 at Flag Park. There will be live music, hot chocolate and cookies, and a visit from Santa. For more information, contact the Community Center at 283-2495.

What's inside



Tyndall holiday traditions need Airmen's help ... PAGE 17

Tyndall Air Force Base, Fla. Home of Air Dominance Training



Move 'em out

Dec. 2, 2005

Airman 1st Class Samuel Osborne, 95th Aircraft Maintenance Unit crew chief, marshals out an F-15 Eagle Monday driven by a Tyndall B-Course student and his trainer, a Florida Air National Guardsman. Members of the Air National Guard are assigned to the Eagle fighter squadrons to help train new Eagle pilots. For more on the Guard's mission here, see Pages 12 and 13.

Turkey Shoot taken by 95th FS/AMU team

MASTER SGT. MARY MCHALE

325th Fighter Wing Public Affairs

Teams from Tvndall's maintenance and operations group competed in a semi-annual competition known as a "Turkey Shoot" Nov. 7–18.

The top team was determined by the combined scores of the aircraft maintenance unit, fighter squadron and air control squadron team scores. In this event, the team from the 95th FS, 95th AMU and the blue control team topped this competition.

"The competition was designed to foster competition between the units and build esprit de corps within the competing teams," said Capt. Matthew McCarty, 325th Fighter Wing electronic combat officer.

Maintenance competitor categories included best weapons load crew, best launch crew and best alert launch. Operations competitors included pilots, intelligence specialists, and air battle managers. They competed in contests of offensive and defensive counter air simulator missions, a four versus 10 defensive counter air mission for

alert scramble launch, a tactical knowledge test and an intelligence threat briefing.

The captain said the competition began Nov. 7 in the simulator facility where each F-15 squadron was tasked to escort F-117s and F-15Es into hostile territory with four F-15Cs. In the territory was an advanced air-to-air and surface-to-air threat.

"The pilots relied on intel reports from the squadron intelligence section to know what threats to expect," Captain McCarty said. "The 325th Air Control Squadron controlled each mission with one air battle manager instructor providing situational awareness on the air picture."

Following that, the next mission had each squadron send a different team to protect three high-value airborne assets that were conducting an intelligence/surveillance/reconnaissance mission, again from advanced air and surface threats.

"Again intel and the air control squadron contributed to mission success or failure," he said.

Then, when the flying competition began

the F-15s with two versus 10 for the F/A-22, an Nov. 15, the mission scenario was to defend St. George Island, approximately 30 miles from Tyndall. Each F-15 squadron sent four F-15s against 10 enemy aircraft. The latter were F-16s from Luke AFB, Ariz., AT-38s from Sheppard AFB, Texas and MU-2s from Air First at Tyndall. Raptors from the 43rd FS participated in the same scenario but used two aircraft.

> As the competition continued, the captain said each fighter squadron and AMU had to put two F-15s on alert status awaiting the scramble or-

> "Once given the order, the squadrons were timed on how long it took them to start the aircraft, get the jets airborne and race out to the overwater ranges to intercept and identify an unknown aircraft," said Captain McCarty.

> He said the goal was for the F-15 pilots to properly identify the aircraft type and tail number.

While the captain noted the standard time to launch a jet is five minutes, he said each F-15 squadron and AMU accomplished the task in less than four minutes during the competition.

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First class service

Cameron Perdomo, son of Master Sgt. Manuel Perdomo and Tina Perdomo, receives some stuffing from Lt. Col. George Zaniewski, 325th Aircraft Maintenance Squadron commander, while Brig. Gen. Jack Egginton, 325th Fighter Wing commander, and Col. Brian Dickerson, 325th FW vice commander serve the next customer during the singles and unaccompanied Airmen Thanksgiving meal Nov. 22 at Chapel Two. Cameron volunteered as a busboy for the dinner, which fed more than 150 people.

Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs

The winner for the Nov. 18 "Identify This" is Staff Sgt. Shelica Jackson, 43rd Fighter Squadron. She correctly guessed that it was "Family Guy" character Stewie Griffin. Congratulations, Sergeant Jackson. Come claim your prize!

ON THE STREET

325th Security Forces Squadron focus: What is your favorite part about your job?



"I like the quality of people I get to work with everyday, and the uniqueness of every situation we get to deal with."

1st Lt. Andrea Skrabal Training and resources officer in charge



"I enjoy interacting with the military working dogs. I am constantly amazed at how well they comprehend and perform the tasks they're given."

STAFF SGT. CHRISTOPHER ROMANO Military working dog handler



"I enjoy interacting with the base populace and making sure Tyndall is a safe place to live and work."

STAFF SGT. MARQUIS WILSON



"I like getting recognition for our country."

what I do and thanks for serving

AIRMAN XAVIER HENDERSON Installation entry controller

Gulf Defender Editorial Staff

Brig. Gen. Jack Egginton	325th FW commander
Maj. Susan A. Romano	chief, 325th FW public affairs
Ms. Chrissy Cuttita	chief, internal information
2nd Lt. William Powell	deputy chief, internal information
Staff Sqt. Benjamin Rojek	editor

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The deadline for article submissions to the Gulf Defender is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald

For more information, or to advertise in the newspaper, call (850) 747-5000.

Commentary

Transformation 'exciting time' for 1st AF, CONR

MAJ. GEN. M. SCOTT MAYES

1st Air Force Commander

The past few months have been busy for Headquarters 1st Air Force and Continental U.S. NORAD Region. As we have been gearing up to become the Air Force's newest warfighting headquarters, Hurricanes Katrina and Rita tested our ability to rapidly adapt to an unprecedented disaster relief mission.

And as if that weren't enough, we've also spent countless hours training the way we fight by testing our ability to defend the homeland in the Vigilant Shield exercise. It's an exciting time to be in 1st Air Force!

Our transition to a WFHQ will structure, equip and staff us to remain properly focused on the full range of military operations. We'll be ready for everything from protecting our sovereign airspace to providing military assistance to civilian authorities – operations you have already proven you can do.

The Air Force is transitioning 10 of its numbered air forces to WFHQs to better support combatant commanders worldwide. Once our transformation takes place. 1st Air Force will become Air Force North, or AFNORTH - a warfighting headquar-

AFNORTH will enable the Air Force and Air National Guard to smoothly execute the Air Combat Command, NORAD and U.S. Northern Command's homeland security missions. It's a great step toward allowing us to focus on planning and war fighting. while minimizing the burden of routine management functions. These functions will be realigned to the MAJCOM or a centralized functional organization.

For the warfighters of 1st Air Force, the 2006 transition will be almost seamless. We're ahead of the game because we've already adopted the new structure over the past year.

The WFHO construct was successfully tested during Hurricanes Katrina and Rita, when we stood up the 1st Aerospace Expeditionary Task Force at Tyndall to support Joint Task Force-Katrina and JTF-Rita.

We proved our effectiveness as a WFHQ by delivering more than 13,000 tons of essential supplies, coordinating nearly 30,000 rescues, and helping to evacuate more than 28,000 survivors from the disaster areas. We brought capabilities such as airlift, medical evacuation, search and rescue, surveillance, medical and civil engineering to the relief effort. That's a record of success that says, "We're mission ready!"

Another aspect our transformation to a WFHQ will be the realignment and consolidation of our air defense sectors. The Northeast, Southeast and Western Air Defense Sectors currently conduct surveillance in the airspace above and around the Continental U.S. Under the new WFHQ structure, the Northeast and Southeast Air Defense Sectors will become the Eastern Air Defense Sector. Together, the Western and Eastern sectors will provide comprehensive early warning and detection of airborne aggression for the CO-NUS.

Since 9/11, NORAD has flown more than 2,000 sorties and diverted air patrols or scrambled fighters more than 40,000 times over the U.S. and Canada. We will continue to conduct our assigned missions throughout the transition deterring, detecting and defending the U.S. against air and space attacks – and fighting the scourge of

The transformation to a WFHQ is important for many reasons. Most importantly, it forces us to refocus on our primary task: protecting the American people. Because we're all so busy in our daily jobs we run the risk of losing sight of our most basic core competency as an organization: defending our nation. Keeping our skies sovereign and our citizens safe is our mission, and this transformation will better define that. I know we are up to the task.

Committing suicide doesn't hurt just one person

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Let me tell you what you would happen if you committed suicide.

Your best friend went to your church today. Not remembering which door to enter, she opened the one that led her directly to a seat 10 feet from where your coffin lay nine years ago. She is still affected by your death.

Before coming to worship she knew she would need to strength not to cry during Mass like she did the last time she was in that pew seated behind your weeping family remembering you.

It was hard enough getting there. On the way to

hood, by your mother's house, near the elementary school you both attended and many other roads you both rode your bikes on when you were young.

It was hard enough for your friend to return home to live, after years of military service, only to have her mother show her childhood pictures, all of which had you in them. Her mom has fond, happy memories of you and your best friend celebrating birthdays and graduations, wondering what it would be like if you were still here to be in the photos they take today.

Your friend vividly remembers how your dad would scramble eggs for both of you in the morning for breakfast; how you mother would take you both riding on

church your best friend drove through your neighbor- the horses you dreamed of owning someday; and how your siblings made gross jokes at the dinner table. Your family was hers and her family was yours.

> When you were alive, you and your friend both dreamed that in the future your children would share the same bond and become best friends too. Her kids would go to the country to see you while yours would experience the city at her house near where your families raised you. Instead, her son will never get to his mother's best friend.

> Nine years ago at your crowded funeral Mass, your best friend wondered what she could have done to help

> > • SEE SUICIDE PAGE 21



The Action Line is your direct line to me. It you are unable to resolve the problem, call me is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a re-

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or

at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

283-4825
283-4191
283-7515
283-2739

/IPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
-egal	283-4681
Housing	283-2036
CDC	283-4747
Ving Safety	283-4231
Area Defense Counsel	283-2911
inance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

Travelers informed of avian flu threat

MAJ. LINDA HASELOFF

SCOTT AIR FORCE BASE, III. (AFPN) — The Air Mobility Command surgeon general's office reminds overseas travelers of the risks involved with foreign travel caused by the threat of the avian flu.

Avian flu is an infectious disease in birds caused by the type H5N1 strains of the influenza virus, according to the World Health Organization. While these flu viruses occur naturally among wild birds, the current form is especially, contagious in domesticated chickens, ducks and turkeys.

The current risk to Americans from the Asian bird flu outbreak is low, according to the Centers for Disease Control and Prevention. The strain of virus found in Asia and Europe has not been found in the United States.

The CDC said the spread of avian influenza viruses from one ill person to another is rare and has not been observed to continue beyond one person.

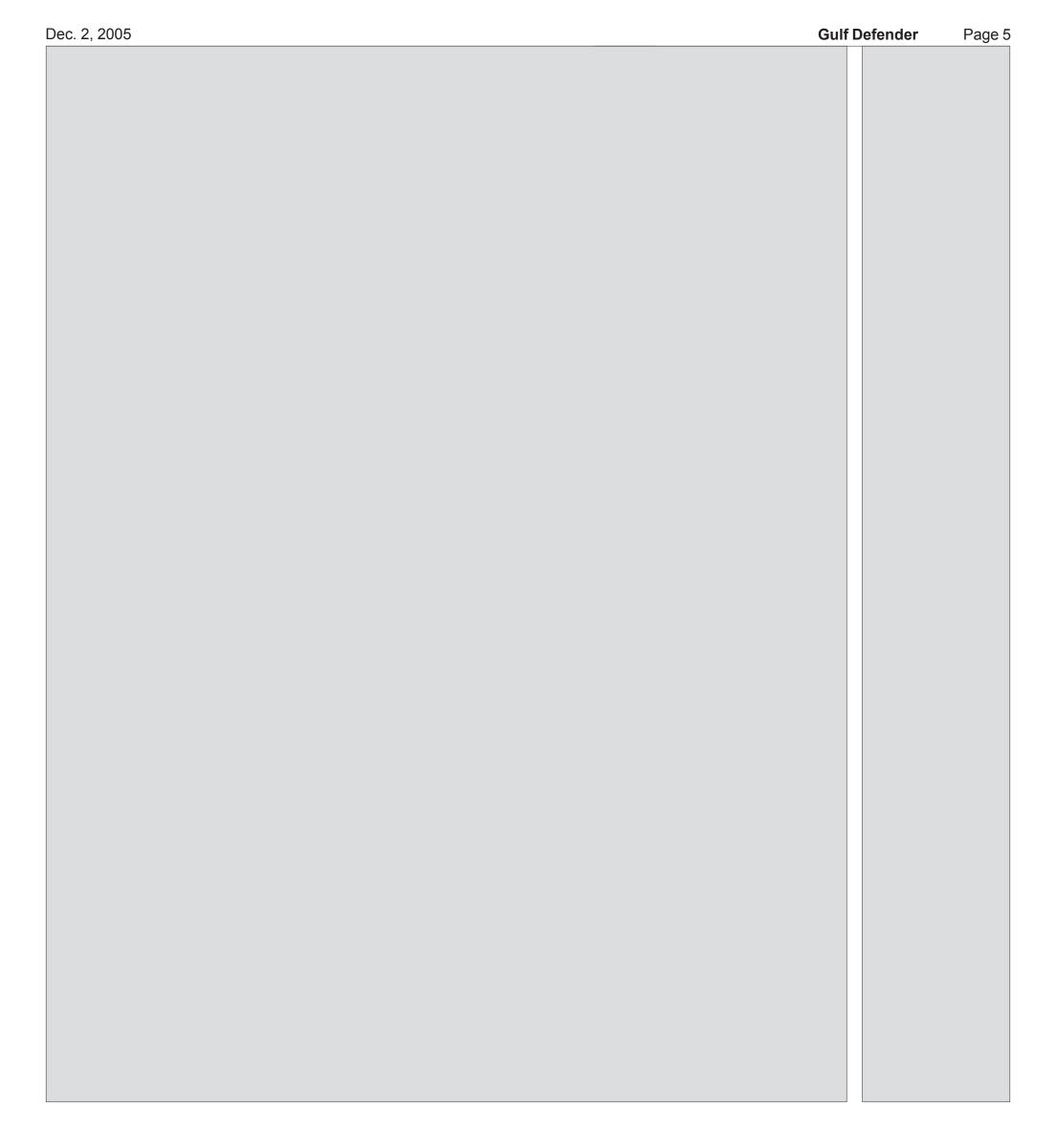
But there is still a slight risk to travelers. AMC officials said understanding the risks is the first step to prevention.

"Travel to areas with cited cases — in particular Asian nations — should be undertaken with an understanding of the risks of potential infection," said Chief Master Sgt. Peggy Kerns of the surgeon general's public health section.

"Special caution should be applied to frequenting live animal markets and poultry farms in these regions," she said.

In addition, the chief reminds people that when handling and cooking fresh

• SEE FLU PAGE 21



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Tyndall Airman convicted in prescription drug case

CAPT. ROBERT CARIDAD

Base Legal Office

A Tyndall Airman was convicted of two specifications of wrongful use of prescription drugs at a special court-martial held Nov. 4 here.

Senior Airman Philip Jones, 325th Aircraft Maintenance Squadron, was convicted by a military judge of violating Article 112a of the Uniform Code of Military Justice. In particular, Airman Jones admitted that he knowingly and wrongfully used Oxycodone, a powerful painkiller, for which he did not hold a valid prescription.

A professed addict, Airman Jones told the court how he crushed an Oxycontin pill and snorted the powder through a rolled-up dollar bill. In addition, he also admitted to wrongfully using Methadone by dissolving a pill in water, for which he paid \$40, and consuming it. The Methadone, which is commonly prescribed to heroin addicts to wean them from their

addictions, was obtained from an illicit source and was not prescribed to Airman Jones.

The Airman, who pled guilty to the offenses, tested positive for the two drugs on separate urinalyses conducted on two consecutive weeks. After reviewing documentary evidence, taking testimony, and hearing arguments from both the prosecution and the defense, the judge returned a sentence which included three months confinement, reduction to airman basic, and a bad conduct discharge.

The conviction was the fifth at Tyndall this year for illegal drug use, and it was the first to involve the abuse of prescription medication.

"This case demonstrates that the Air nal misuse of narcotics."

Deer and bear strike numbers rising at Tyndall

MASTER SGT. MARY MCHALE

325th Fighter Wing Public Affairs

It's that time of year once again when the po-

vehicle-bear strikes on and around the base increases significantly, according to a Tyndall wildlife official.

"Because there's more movement of deer, and we have a lot of

deer on base, the potential for strikes goes up," said Dr. Jack Mobley, wildlife biologist.

Dr. Mobley said while strikes can occur at any time or location, particu-

lar high density areas in- or bear on the side of the clude Highway 98, Sabre road, expect it to come Drive and Beacon Beach Road. Additionally, drivers traveling between the tential for vehicle-deer or hours of dusk to dawn are required to report it to law

If a strike does occur. the doctor said drivers are

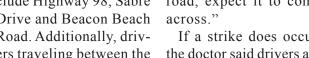
enforcement

Over the Veterans Day weekend, there was a bear strike involving two vehicles in the Crooked Island area and a deer strike on Highway 98.

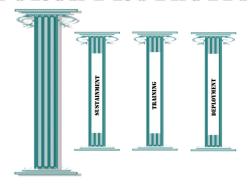
"If you see an animal, slow down and use common-sense defensive driving techniques," he said. "It might not prevent the incident, but it will reduce the damage."



Force is not immune to the prescription drug abuse that occurs in the civilian world," noted Capt. Rosemary Gilliam, trial counsel on the case. "Our mission simply is not compatible with this crimi-







also more susceptible to animal crossings.

"I want to do everything I can to prevent injuries," he said. "One solution is to flat out slow down. If you see a deer





The following adverse actions took place at Tyndall AFB in October 2005.

A staff sergeant received a reduction to senior airman, forfeitures of \$150 pay per month for two months, 30 days extra duty and a reprimand under Article 15 for willful dereliction of duty and signing off inspection documents without inspections, in violation of Articles 92, UCMJ.

An airman received a reduction to airman basic, forfeitures of \$617 pay per month for two months (suspended), 30 days remotivational program and a reprimand under Article 15 for indecent or lewd acts with another, in violation of Article 134, UCMJ.

An airman received a reduction to airman basic (suspended), forfeitures of \$100 pay per month for two months, 30 days remotivational program and a reprimand under Article 15 for drunk on duty and willful dereliction of duty, in violation of Articles 92 and 112, UCMJ.

An airman first class received a reduction to airman (suspended), five days extra duty and a reprimand under Article 15 for failure to go and making a false official statement, in violation of Articles 86 and 107, UCMJ.

An airman first class received a reduction to airman (suspended) and a reprimand under Article 15 for failure to go, in violation of Article 86, UCMJ.

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CDC, health pros offer programs, tips to help children

MATTHEW R. WEIR

1st Fighter Wing Public Affairs

LANGLEY AIR FORCE BASE, Va. (AFPN) — "I miss my mommy," said Emani Wilcox in a matter-of-fact tone that only children can seem to muster.

For a second, there was a swelling of tears in her eyes. Then she saw the camera and was all smiles.

"Cheese!"

Once the camera flashed, she was back to playing and laughing with her friends. Other than the little glimpse of sadness when asked about her mom, Emani is happy and content.

Emani's mom, Senior Airman Deborah White, deployed to Iraq supporting Operation Iraqi Freedom. But today she is at home, and Emani could not be happier.

The transition from "mom being home," to "mom being deployed" and back again is rarely smooth, but thanks to the efforts of child care providers at the child development center, that process may be a little bit easier.

Child care providers offer consistency and routine for children when their parents are

deployed, helping children deal with a parent being gone. For children in single-parent homes, having a parent deployed means living with a different family and sometimes living in a different house. In these situations, children need as much routine in their lives as possible, CDC offi-

cials said. "We try to meet the individual needs of each child in our care," said Kelly McConnell, child care program director at Langley. "We work with each child individually and address

problems at home.

We talk with them and help them cope, help them understand about mom or dad being gone.

"I want this place to be like a home," Mrs. McConnell said.

Even with the CDC's providers doing all

that they can, the best predictor of how a child is going to respond when their parent deploys is how the stay-at-home parent is handling the deployment, said Maj. Melissa Gould, 1st Medical Group's mental health flight commander.

"If the stay-at-

home parent is emo-

tionally distraught,

their children will be

as well," Major

Gould said. "Chil-

dren need to know

that their parent is

stable and can be

depended upon.

Children are ego-

centric and need to

know how their

FORCE SUSTAINMENT

parent's deployment is going to impact them."

Missing a parent for months can be confusing for a child. Parents need to normalize those feelings of confusion and encourage the child to talk about his or her feelings rather than express them in unhealthy ways, Major

Gould said.

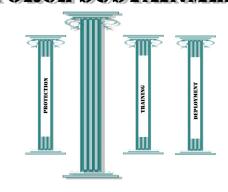
Parents should expect that children's behavior might regress until they have acclimated to being without a parent. This regression can include bed-wetting, thumb sucking, tears at bedtime, difficulty getting to sleep and repetitive questions about the deployed parent, health officials said.

Stay-at-home parents should set clear and loving boundaries so the child can keep his or her focus on school and extracurricular activities.

"Some parents make the mistake of allowing children to sleep with them," Major Gould said. "This habit will be very hard to break when the other parent returns and wants to sleep with their spouse."

If a child lashes out because a parent is deployed, parents should remember it is a trying time for everyone. They should provide the child with consistency, love and tenderness so he or she can work through his or her feelings and stay healthy and happy, health officials said.

For more information, Airmen can contact the Family Support Center at 283-4204.





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Congratulations to Tyndall's newest Community College of the Air Force graduates!

325th Fighter Wing

325th Fighter Wing

Tech. Sgt. Raymond Hamilton Staff Sgt. Justin Hanson

325th Mission Support Group

Staff Sgt. Darrick Evans Master Sgt. Terry Walters

325th Maintenance Squadron

Senior Airman Darren Adkins Staff Sgt. Andrew Fillow

Tech. Sgt. Frank Hitchcock Staff Sgt. Bandele Howes

325th Civil Engineer Squadron

Staff Sgt. Donald Jones Staff Sgt. Amber Muniz

Staff Sgt. Ken Wyllie

325th Maintenance Operations Squadron

Tech. Sgt. Sara Ancic Tech. Sgt. Keith Castille

Senior Airman David Struttman

325th Medical Support Squadron

Staff Sgt. John Berry Staff Sgt. James Meacham Staff Sgt. Michelle Simpson

325th Medical Operations Squadron

Master Sgt. Pedro Rossello

325th Air Control Squadron

Master Sgt. John Castriotta Tech. Sgt. Johnny Franklin Staff Sgt. Reuben Jones

325th Communications Squadron

Staff Sgt. Natalie Lawson

325th Services Squadron

Staff Sgt. Scott Linza Staff Sgt. Nardia Salmon

Master Sgt. Shannon Wildharber

325th Security Forces Squadron

Staff Sgt. John Moore

325th Mission Support Squadron

Master Sgt. Lorrenzzo Martin Master Sgt. Kenneth Tschudi Staff Sgt. Samantha Whitfield

325th Operations Support Squadron

Staff Sgt. Eloris Hall

Tech. Sgt. Matthew Vanderwal Tech. Sgt. Yasmeen Wilson

325th Aeromedical-Dental Squadron

Staff Sgt. Amy Sutton

325th Aircraft Maintenance Squadron

Staff Sgt. Steven Griffith Staff Sgt. Ammon Hennessee Staff Sgt. Angelo Jiminez

Senior Airman Jeremy Schuster

Staff Sgt. David Tufano 1st Aircraft Maintenance Unit Tech. Sgt. Vincent Haves

Associate units

Tyndall NCO Academy

Master Sgt. Robert Todd

1st Air Force

Tech. Sgt. David Kigerl Master Sgt. Edith McNally Master Sgt. Jose Torres

Southeast Air Defense Sector

Staff Sgt. Ryan Abbott Staff Sgt. Michael Bailey Staff Sgt. Filicity Frederick

Tech. Sgt. Michael Grigsby Senior Master Sgt. Ewell Griswold

Master Sgt. John Johnson

372nd Training Squadron

Staff Sgt. Andre Ancic Tech. Sgt. Patrick Bannister

Staff Sgt. Jake Bennett Tech. Sgt. Andrew Blake

Staff Sgt. Michael Cirulli

Staff Sgt. Joshua Darting Staff Sgt. Darrell Erdman II Staff Sgt. Jason Jenkins Staff Sgt. Michael Kell

Staff Sgt. Albert Lamas III

Staff Sgt. Marcus Starks

Staff Sgt. Jerry Street

Staff Sgt. Michael Wahl Master Sgt. Andre Warfield

823rd RED HORSE Squadron

Tech. Sgt. Dale Filsell

Master Sgt. Ricki Gaddy 53rd Weapons Evaluation Group

Staff Sgt. Valerie Swats

Staff Sgt. Efphraim Thompson

Master Sgt. Darrin Todd

83rd Fighter Weapons Squadron

Master Sgt. Michael Ammons Senior Airman Phillip Cohen

361 Training Squadron

Staff Sgt. Bogie Robert

Tech. Sgt. Mark Hamilton

Tech. Sgt. Thomas Kennedy

Staff Sgt. Wayne Morris

Staff Sgt. Mark Nottingham

Tech. Sgt. Milton Slade

Tech. Sgt. Clete Toensing

(Names courtesy of the Base Education Office)

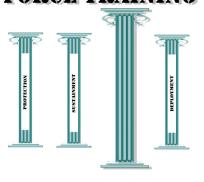


The Gulf Defender is published for people like Senior Airman Salamasina Kawaauhau, 325th Operations Support Squadron air traffic controller.





FORCE TRAINING



Training Spotlight

What's the most interesting part of your training?

The most interesting part to me is seeing a variety of aircraft that we inspect, work on and service."



AIRMAN BASIC JEFF VIA
372nd Training Squadron/Detachment 4
mission ready airmen student

Student Focus

Controlling air battles 'all in day's work' for student

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Even after 160 days of training, one Tyndall lieutenant will end up right back where he started at Tinker AFB, Okla., albeit in a new job.

Before 2nd Lt. Brian Barber became an air battle manager student here, he spent 10 years as a computer technician on the E-3 Sentry.

Five months into training he is planning a defensive counter air mission to protect Saudi Arabia from Iraqi aggressors in a Desert Storm scenario played out by classmates and instructors. Just one day earlier his team completed an offensive counter airstrike where they destroyed enemy command and control capabilities. Next week it will be something else.

"They say it is like a video game with voice input and high stakes," said Lieutenant Barber. "Every day it is different."

In the simulation, everyone had a role and the role changed with each simulated air tasking order. Students practiced one position while observing others. The students prepared themselves for a real-world mission aboard one of our nation's most sophisticated command and control aircraft as senior directors, weapon directors, air surveillance officers or surveillance technicians.

"Now we have to know how to control the airspace and work with a team doing the same," said Lieutenant Barber. "There is a large amount of knowledge my mind has absorbed and it seems like block one was years ago when it was only seven to eight months ago."

In the first four blocks he had an introduction to how radar works, weapons control,

simulated exercises conversing with pilots and a live experience controlling MU-2 aircraft in flight pretending to be in air-to-air combat.

Now his class works on controlling the skies during combat. During mission planning, they spend the morning discussing the preset schedule of what was going to be in their airspace, enemy threat and rules of engagement. All afternoon they sit at the consoles

exercising the mission. They split up into smaller groups and take turns on different air tasking orders and air crew roles. Anyone who isn't participating observed the group work so they can improve their skills.

"On the next mission I'll be the senior director so I have been talking to instructors who have been that in their career," said the lieutenant. "I get spun up on what to expect and get a demonstration."

No matter what role he undertakes, coordination of information is the most important task, said the ABM student.

"I was working on an interception when my classmate pointed out an aircraft entering my area of responsibility," said Lieutenant Barber. "There is so much information out



Chrissy Cuttita

Second Lt. Brian Barber, right, plans the next mission with fellow student crew member, 2nd Lt. Joseph Witherspoon.

there you have to know what is important to say on radio to the pilot."

The feedback after the mission gave the class a chance to discuss their execution, clear any confusion and ask questions. After all, it is a learning environment.

"The most exciting part of training has been this large force deployment because this is why we train and prepare," said Lieutenant Barber.

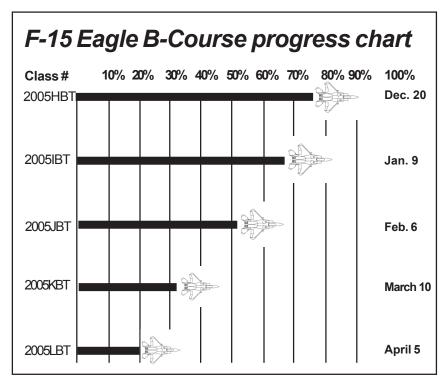
This soon to be air battle manager now has the opportunity to move from working on E-3 computers to various officer crew positions on the aircraft.

"I became an officer because I saw opportunity, development and leadership," said Lieutenant Barber.

This little light of mine

Airman 1st Class Matthew Hooke, 325th Operations Support Squadron air traffic controller apprentice, virtually signals an aircraft with light patterns while the pilot's radio communication is simulated as being inoperable.







2nd Lt. William Pow

Airman 1st Class Samuel Osborne, 95th Aircraft Maintenance Unit crew chief, marshals out an F-15 Eagle Monday driven by Lt. Col. Wes Hallman, 95th Fighter Squadron transition student pilot, and Maj. Brian Porter, 95th FS instructor pilot and Florida Air National Guardsman.



Stove Wallac

Lt. Col. Todd Williams, 2nd Fighter Squadron IP and part-time Guardsman, monitors the Tyndall airspace and runway operations Nov. 21 from the tower.

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

For the past six years, a small unit here has been executing a mission that could mean the difference between life and death for our Airmen and our adversaries, yet few people here even know they exist.

They are the 325th Fighter Wing Air National Guard Associate Detachment – a small group of Florida Air National Guardsmen integrated throughout the three F-15 Eagle fighter squadrons. Their mission is simple: Provide Tyndall fighter squadrons with highly experienced F-15 Eagle pilots to train the nation's newest Eagle pilots.

According to Col. Billy Graham, the unit commander, beginning in 1997 the Air Force was losing experienced Eagle pilots at an alarming rate as many pilots decided to retire or separate to pursue other interests. Air Force, Air National

Guard and Air Force Reserve senior officials quickly developed a plan to establish an ANG and Reserve associate unit at Tyndall and Luke AFB, Ariz.

As the first-ever associate unit in the ANG, Colonel Graham had the task of hiring highly experienced pilots who were leaving active duty to pursue other career interests.

"We captured folks who may not have ever flown or fought for the Air Force again," he said. "We grabbed their experience and kept them employed teaching the newer pilots."

The formation of the detachment occurred five years before Air Force officials announced the Future Total Force plan, which is meant to combine the inherent strengths and experiences of all three Air Force components to increase overall combat capability.

One of the major strengths the ANG



Maj. Jeff Ward, left, 95th FS IP and Guardsmapilot, Tuesday after a mission at the Air Coml

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offers Tyndall is job continuity since the wanted to come back Guardsmen have the ability to remain as instructors here for as long as they want, said Lt. Col. Todd Williams, 2nd FS IP and part-time Guardsman, who was one of the first three pilots hired by Colonel Graham.

"Some of the pilots going through upgrade instructor pilot training right now were students of mine years ago here," Colonel Williams said. "I've been on base since 1996, and I've seen some of these guys for the third time here. How many (active duty) guys are at a base that long?"

The ability to remain here and continue flying also helps the pilots rack up more flying hours in the Eagle.

"Some people may be a little surprised that the average F-15 time in my unit is 1851 hours, which is probably significantly more than the average active-duty IP here," said Colonel Graham. "Staying here just increases their experience and stability that helps the student and also helps with transferring the experience to the new active-duty instructor pilots who eventually go back out (into the combat air forces)."

Since most active-duty pilots eventually stop flying as they progress in their career, choosing to transition into the Guard afforded the instructors the opportunity to continue doing what they love – flying and teaching.

"I like being an instructor, and I love the students' eagerness to learn," said Maj. Jeff Ward, 95th FS IP and member of the Guard since January. "I also



an, debriefs 1st Lt. Orion Vail, 95th FS student oat Maneuvering Instrumentation facility here.

home. Both my wife and I grew up here. The Guard gives me stability, and just getting to stay here and instruct in the Eagle is a dream."

Although the Guardsmen are technically assigned to the 325th FW ANG Associate Detachment, a joint decision was made early on for the Guard instructors to appear seamless by wearing the patches of their assigned active-duty squadron. The decision fosters unit cohesiveness and makes it difficult for the students to initially tell the difference between active and Guard IPs.

"(Students) eventually figure out who is Guard through word of mouth or by talking to

them," said 1st Lt. Orion Vail, 95th FS student pilot. "The Guardsmen really know the jet and the local area, so you get the sense they've been here for a while. I really enjoy flying with all of them."

In addition to instructing new student pilots, the detachment IPs also hold or have held nearly every leadership job in the squadrons short of the squadron commander position. All the Active Guard and Reserve IPs are operations supervisor qualified, and many are supervisor of flying qualified. Without the Guardsmen's qualifications and expertise, the squadrons would have a difficult time performing their mission, said Colonel Graham.

Lt. Col. Bert Dreher, 1st FS commander, agreed.

"Their experience in this mission, gained by the continuity their permanent assignment status brings, is invaluable to me in executing my squadron's mission," he said.

But it isn't just the squadrons and the students who benefit from the detachment, said Colonel Williams. The ANG instructors themselves also benefit from teaching here.



Major Porter, right, watches Colonel Hallman complete his pre-flight checks before flying the Eagle. Major Porter is one of 34 FLANG members here whose mission is to help train pilots for the combat air forces.



Lt. Col. Wade Causey, 2nd FS IP and Guardsman, briefs some pilots before a mission Tuesday. FLANG members assist all three F-15 Eagle active-duty fighter squadrons with training student pilots, upgrade instructor pilots and transitioning student pilots.

"I get the pleasure of knowing that I can pass my skill level onto younger pilots and hopefully benefit them, the Air Force and this country," Colonel Williams said.

"The biggest benefit for me is seeing the students' desire to learn, and having the ability to mold them (into fighter pilots)," added Major Ward.

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Briefs

RAO volunteers

The Retiree Activities Office is seeking volunteers to assist with the various tasks associated with running the office. The RAO is an all-volunteer organization that provides assistance and information to Tyndall's retiree community on retiree-related issues. Those interested in volunteering should contact the office by e-mail at tyndall.RAO@tyndall.af.mil or call 283-2737.

AADD volunteers

Airmen Against Drunk Driving is looking for volunteers. The hours of operations are 5 p.m. to 5 a.m. Fridays and Saturdays. Volunteers must be E-1s through E-4s. Those interested in volunteering can call 867-0220, or e-mail Airman 1st Class Brandon Krueger at brandon.krueger@tyndall.af.mil.

Lifeguards needed

The 325th Services Squadron's Outdoor Recreation office is compiling a list of possible candidates to be lifeguards for the upcoming season. Anyone who is currently certified or interested in becoming certified can contact Cindy Workman at 283-3199, or by e-mail at cindy.workman@tyndall.af.mil.

Vehicle decal reminder

The 325th Security Forces Squadron would like to remind all Department of Defense motorists that it might be time to update your vehicle base access stickers. If your vehicle's year sticker reads "05," you have until Dec. 31 to renew your decal with Pass & Registration.

A valid DOD identification card, current driver's license, current state registration form and current proof of insurance card must physically be presented for each vehicle to receive a new decal.

Tyndall's new Pass & Registration building is located on US Highway 98, directly across from Sabre Gate, and is open from 7:30 a.m. to 4:30 p.m. Monday–Friday. For more information, call 283-4191.

SBP briefing

The Survivor Benefit Plan is often misunderstood and undervalued by servicemembers. An SBP counselor will schedule those about to retire for a preretirement briefing, well before the retirement date. In addition to the briefing, vari-

Ahh, nuts!

K'onte Brown, son of Staff Sgt. Angelo Brooks, constructs a peanut wreath with the help of Addie Pesche, Youth Center school-age program assistant, while William Harrell, son of Lt. Col. Elizabeth Harrell, looks on. The children were making the wreaths as Christmas presents for birds and squirrels. For more information on Youth Center activities, call 283-4366.



Staff Sgt. Benjamin Rojek

ous handouts are available to assist with making decisions. For more information, call Tyndall's SBP counselor, Alicia Gibbons, at 283-8392.

Military family employment specialist

A Military Family Employment Specialist will be available at the Family Support Center 8:30–11:30 a.m. every Wednesday. The employment specialist is available to assist military spouses with job placement and referral for positions in the Panama City area and to register spouses in the workforce employment system. For more information or to make an appointment, call the FSC at 283-4204.

Facility managers training

The mandatory annual training for facility managers is scheduled from 8–11:30 a.m. Monday and from 8–11:30 a.m. Dec. 13 in the WEG auditorium. A makeup session is scheduled from 8–11:30 a.m. and noon to 3:30 p.m. Jan. 7 at the NCO Academy auditorium. For more information, call CE customer service at 283-4948/4949.

Christmas tree sale

The 325th Communications Squadron is selling Christmas trees from 10 a.m. to 8 p.m. Nov. 25 to Dec.19 east of the new Tyndall Visitor Center. Trees are \$30 up to 6 feet 6 inches tall and \$35 for trees that are taller. For more information, call 283-8410.

MPF office closure

The Military Personnel Flight customer

service office is scheduled to be closed Monday for DEERS server upgrades and furniture installation. During that time, customers will not be able to receive any service or ID cards. Please make plans to pick up records either before that date or after. For more information, call the MPF at 283-2276.

Commissary hours

Santa Claus will be at the Commissary from 11 a.m. to 1 p.m. Dec. 17. Parents who want photos must bring their own camera. There will be a small gift for each child.

The Commissary will open at 9 a.m. and close at 3 p.m. on Christmas Eve Dec. 24. The Commissary will be closed Christmas Day.

On New Year's Eve Dec. 31, the Commissary will be open 9 a.m. to 6 p.m. It will be closed on New Year's Day.

Airman's Attic

Family Services and the Airman's Attic are open from 9 a.m. to 1 p.m. Monday—Friday in Bldg. 747. Call the Family Services office at 283-4913 for more information.

Thrift Shop hours

The last day to accept Christmas items for consignment will be Thursday.

Normal operating hours are 9:30 a.m. to 12:30 p.m. Wednesday–Friday, with consignments from 9:30–11:30 a.m. Wednesdays and Thursdays. The Thrift Shop is located in Bldg. 743, across from the Post Office. For more information, call 286-5888.

Tyndall Chapel Catholic services

Daily Mass, 11:30 a.m. Monday— Friday, Chapel Two Reconciliation, before Saturday Mass or by appointment

Saturday Mass, 5 p.m., Chapel Two Sunday Mass, 9:30 a.m., Chapel Two Religious Education, 11 a.m., Bldg. 1476

Advent Penance Service, 7 p.m. Dec. 12, St. Dominics

Bell Choir, 4:30 p.m. Dec. 24 and 9 a.m. Dec. 25, Chapel Two Children's Vigil Mass, 5 p.m. Dec. 24, Chapel Two

Christmas Day Mass, 9:30 a.m., Chapel Two

Protestant services

Traditional worship service,
9:30 a.m., Chapel One
Contemporary worship service,
11 a.m., Chapel Two
Wednesday Fellowship, 5 p.m.,
Chapel Two
Candlelight/Communion Service,
7:30 p.m. Dec. 24, Chapel Two
Christmas Traditional Service,
9:30 a.m. Dec. 25, Chapel One
Christmas Contemporary Service, 11 a.m.

Ecumenical services

Dec. 25, Chapel Three

Hanging of the Greens, 9:30–11:30 Dec. 10 Chapel Two Cantata, 7 p.m. Dec. 14, Chapel Two Bell Choir, 4:30 p.m. Dec. 24, Chapel Two

Jewish services

Hanukkah Celebration, 6 p.m. Dec. 30, Temple B'Nai Israel Dec. 2, 2005 Gulf Defender Page 15



Drive in

Michael Parker, 325th ACS, attempts to drive past Danita Henry, AFCESA, during an over-30 basketball game Tuesday night at the Fitness Center. Although ACS managed to put some points up after a slow first half, AFCESA still won the game 45-31.

Indianapolis, AMXS stay on top during Week 11, 12

PIGSKIN PROGNOSTICATOR

From the merry old land of Boz

Can anyone stop the Colts?

Seriously, the rest of their season looks like a breeze. The only teams they have left to play that may give Indianapolis a run for their money are San Diego and Seattle. If they end up losing the Super Bowl, it will be one heck of a game.

Speaking of Super Bowl, how about that Seattle versus Giants game Sunday night? In a week with four overtime games, this had to be the most fun, most edge-of-your-seat match-up. Unless of course you're a Giants fan, in which case kicker Jay Feely is not your favorite player right now.

Looking ahead at Week 13, I foresee some tough picks. Games like Atlanta at Carolina or Cincinnati at Pittsburgh could go either way. A quick peak at Tyndall's picks, and I see that everyone is just as indecisive as I am. "Cincinnati is still one of the surprises of the season," said prognosticator William Bracken, 325th OG. "It's going to be a good test for them to play the Steelers at Pittsburgh; they don't call it the 'Steel Curtain' for nothing."

While not everyone agrees with him on that game, one thing everyone can agree on is the 325th AMXS has taken a commanding lead in the picks.

"Getting a dominant lead was only a matter of time," said Dennis Robison, 325th AMXS first sergeant. "There's no need for other squadrons to keep sending in picks. This season belongs to the 325th AMXS."

Are they really that positive they are going to win?

"You can go ahead and send over the trophy now," said Robison.

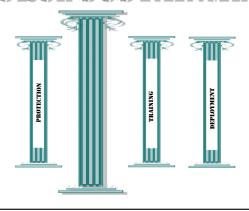
How's *that* for positivity?

Now, let's get out there and watch some football!

Prognosticator scorebox

Team	Week 12	Total
PIG-PRO	G 12	103
325th AMXS	3 13	114
325th MOS	9	108
325th SVS	12	108
325th ACS	12	108
325th MDO	S 13	107
325th CS	9	106
325th CONS	S 11	106
2nd FS	8	105
823rd RHS	12	103
First Sgts.	10	100
325th CES	9	97
325th CPTS	10	93
53rd WEG	12	92
325th MXS	0	90
325th OG	11	89
325th MSS	0	85
325th OSS	0	78
AFRL	14	78
NCOA	10	69
325th SFS	0	53
II.		

FORCE SUSTAINMENT



Intramural Sports Standings

Basketball

<u>Team</u>	W	L	<u>Team</u>	W	L
AMXS 3	2	0	SFS	1	0
oss	2	0	AFRL	1	1
SVS	1	0	AMXS 1	0	1
ACS	1	0	83rd FWS	0	2
AMXS 2	1	0	COMM	0	2
MXS	1	0	601st EAOG	0	2
95th FS	1	0	CES	0	3

Bowling

<u>leam</u>	W	L	leam	W	ᆫ
MXS-Phase	78	34	53rd WEG	56	56
CS 1	70	42	MOS	55	57
SFS	68	44	1st AMU 1	54	58
601st EAOG 2	66	46	CONS	53	59
MXS 1	66	46	MXS-AMMO	52	60
IAM	64	48	OSS	52	60
601st EAOG 1	62	50	ACS 2	52	60
MSS 1	62	50	CES	50	62
AMXS	62	50	RHS	50	62
MSS 2	60	52	NCOA	50	62
83rd FWS 1	60	52	MDG	48	64
83rd FWS 2	60	52	1st FS	48	64
TEST	58	54	SVS	47	65
AFCESA	58	54	CS 2	46	66
1st AMU 3	57	55	ACS 1	46	66
1st AMU 2	56	56	AAFES	24	88

Pig-Prog vs. 325th CS

Atlanta @ Carolina	Atlanta
Buffalo @ Miami	Buffalo
Cincinnati @ Pittsburgh	Pittsburgh
Dallas @ N.Y. Giants	Dallas
Green Bay @ Chicago	Chicago
Houston @ Baltimore	Baltimore
Jacksonville @ Cleveland	Jacksonville
Minnesota @ Detroit	Minnesota
Tampa Bay @ New Orleans	Tampa Bay
Tennessee @ Indianapolis	Indianapolis
Arizona @ San Francisco	San Francisco
Washington @ St. Louis	St. Louis
Denver @ Kansas City	Denver
N.Y. Jets @ New England	New England
Oakland @ San Diego	San Diego
Seattle @ Philadelphia - 45 points	35 points

The Pig-Prog beat the 823rd RHS in the Week 11 challenge. The HORSE has been tamed.

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Military family members 'expecting a call' in December

DALLAS – "Keep the line open, I'm expecting a call." If this holiday season is anything like the last, these words will be heard with increasing frequency in the homes of military families around the world.

During the 2004 holiday season, deployed troops steadily increased their phone usage at Army & Air Force Exchange Service phone centers positioned throughout Operations Iraqi and Enduring Freedom.

The increase in minutes used from October to November 2004 was a subtle 3 per-

cent, but usage in December spiked 43 percent from 10.7 million minutes to 15.7 million minutes logged.

"We typically see phone usage go way up during the holidays," said Lt. Col. Debra Pressley, AAFES' chief of

corporate communication. "Deployments have magnified this in recent years and the general public has responded by sending thousands of Military Exchange Global Prepaid Phone cards. Americans seem to understand the importance of a phone call home during the holiday."

Numbers from AAFES' "Help Our Troops Call Home" affirm that Americans don't easily forget troops and their families left alone during the holidays. Last December, Help Our Troops Call Home, a program that allows anyone to send Military Exchange Global Prepaid Phone cards to deployed troops through www.aafes.org or 1-800-527-2345, brought in 42,384 phone cards for troops deployed in support of Operations Iraqi and Enduring

No month since has come close. In fact, since last December Help Our Troops Call Home has only distributed 45,493 phone cards.

"It has been 10 months, and the program has barely surpassed the support generated in that 30 day period last December," said Colonel Pressley.

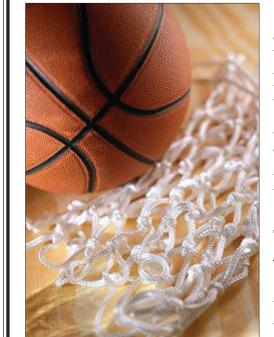
Help Our Troops Call Home delivers an instant morale boost with phone cards that

> offer up to two hours of talk time for calls placed from any of AAFES' 69 call centers in Iraq, Afghanistan, Kyrgyzstan or Kuwait. Anyone can send a Military Exchange Global Prepaid Phone card by logging on to www.aafes.org and clicking on the

"Help Our Troops Call Home" logo or calling 1-800-527-2345. From there, the phone cards are sent to individual Soldiers, Airmen, Sailors or Marines (designated by the purchaser) or distributed to "any servicemember" through the American Red Cross, Air Force Aid Society, Fisher House or USO.

"Tonight, in places like Baghdad, Bagram, Mosul and Kabul, there are young American troops walking point for their squad, their battalion, for their military and their Nation," said Colonel Pressley. "This is a position of great danger and responsibility. It is to them and their families' future that Help Our Troops Call Home is squarely focused."

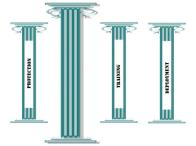
Freedom.



VARSITY BASKETBALLACTION

The Tyndall Tigers men's and women's varsity basketball teams are back on the hardwood this weekend, as they return from the Thanksgiving break to host the Hawks and Lady Hawks of Robins AFB, Ga., this weekend. The women's team plays at 2 p.m. Saturday and 11 a.m. Sunday. The men's team plays at 4 p.m. Saturday and 1 p.m. Sunday. For more information, contact the Fitness Center at 283-2631.







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Airmen give, share with holiday traditions

Master Sergeant John E. Ross

325th Communications Squadron first sergeant

At this time of year most people have various traditions they observe. Some of these are based on beliefs and others may have been passed down through family.

The Air Force family has traditions, too, and most of them revolve around taking care of each other. On Thanksgiving and Christmas you will find the commanders, chiefs and first sergeants serving lunch at the dining facility. This is one way for them to give of their time for those who were not able to go home for the holidays and to honor some of our retirees who may be staying in the local area for the winter.

Another tradition is taking junior members of the unit home for a holiday meal. The dorm is often a lonely place during the holidays, and for many Airmen this

may be their first holiday season away from home. Inviting Airmen home to share in some holiday traditions is a great way to let the newest servicemembers know they're appreciated and they are part of the Air Force family.

Another way to give the dorm dwellers a little taste of home is Operation Cookie Drop. Operation Cookie Drop, sponsored by the first sergeants along with both the Enlisted and Officers' Spouses' Clubs, places homemade cookies in each Airman's dorm room and provides them to military members who may be deployed here in support of ongoing operations. This year, Operation Cookie Drop will take place Dec. 12. Those who would like to help can make a few dozen of their favorite holiday cookies and bring them to the front of the Commissary between 7 and 8:30 a.m. Dec. 12. Volunteers will be there to accept them and take them to the sorting room. Cookies will be distributed to their intended recipients by the end of the day.

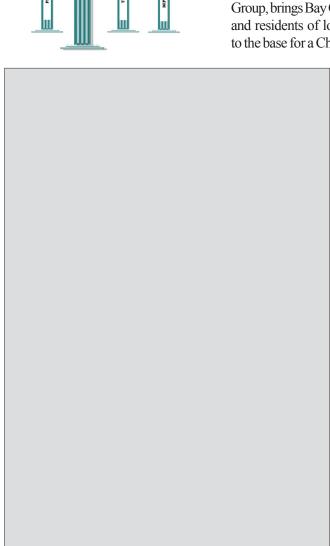
The Golden Age Christmas Party is another Tyndall tradition. This annual event, sponsored by the Tyndall Chief's Group, brings Bay County senior citizens and residents of local veteran's homes to the base for a Christmas party. Members of Team Tyndall help out by pushing wheel chairs, assisting the visitors on and off buses, and spending time talking and dancing with them. The party this year will take place from 1–3:30 p.m. Wednesday at the Enlisted Club. To support this party, the chiefs are also asking for donations of homemade cookies. Anyone who would like to volunteer to help at the party please can contact any Tyndall chief or first sergeant. Cookie donations can be dropped off at the NCO Academy on Monday and Tuesday or brought to any chief or first sergeant.

A tradition that can really make a difference in the life of a Team Tyndall child is Project Angel Tree. This program is sponsored by the Tyndall Chapel and allows individuals to purchase an age- and gender-appropriate toy for a child who will probably not have much under the tree this year. All toys will need to be brought to Chapel Two by Dec. 16. Those donating can then pick up an angel with information on the child.

Traditions are part of what brings people together and turns individuals into a family. Helping others by sharing, whether it be through hospitality, cooking skills or time, is a tradition in the finest spirit of the holidays.







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Double dribble: Tyndall Airman twice makes All-Armed Forces basketball team

Making the Air Force Women's Basketball Team is difficult. Making the All-Armed Forces Women's Basketball Team is even more of a challenge. And making both teams twice?

Well then you must be Mariela Miles.

Miles, a 5' 8" shooting guard from Missouri, helped lead the Air Force team to victory in both the 2004 and 2005 seasons. And she had plenty of previous on-court experience to take her team to the top.

Although there weren't many opportunities to play basketball before high school, Miles knew that was the sport she wanted to play.

"I participated in track until high school, to help keep in shape for basketball," she said. "When I got into high school, women's basketball had become more popular, and I finally got to play."

Miles, a senior airman with the 823rd RED HORSE Squadron at Tyndall, played basketball all four years of high school. Her skills earned her a full-ride basketball scholarship to Illinois State University.

"I played at Illinois State for two years," she said. "We didn't have successful seasons. We won only 11 games."

In her third year of college, she transferred there that she was asked to join the base team. to the University of Missouri at St. Louis. But

the stresses of playing ball and keeping up with school work eventually got to her. By the end of her junior year, she decided to try and figure what her next step would be.

"I didn't want to be complacent and get a meaningless job," said Miles. "The military seemed like the best opportunity."

Her interest in the Air Force didn't just come out of the blue. Both of her parents served in the Air Force, as well as one of her brothers.

After finishing her training in the services

career field at Lackland AFB, Texas, Miles was stationed at Eglin AFB, Fla. Her love for playing basketball took her to the base gym where she would play pick-up games. It was

"One of my teammates mentioned the Air

Force team, so I decided to try out," said Miles. "When I got to the try-outs I was surprised. All the girls there had played some level of college ball."

She was one of 20 women who tried out for the Air Force team. Over a two-week period, eight people were cut. Miles was with the remaining 12.

"I was surprised, because I hadn't played ball in a year," she said. "I wasn't sure of my level of competition."

Miles understood how well she played when the Air Force

team took down the Army, which had only lost twice since 1978, and she was selected to play with the All-Armed Forces team. The team is made up of players from each branch

of service. They went on to play in the Las Vegas Pro-Am tournament.

This year, Miles decided to try-out for Air Force team once again. She beat out 30 women to make the 12-person team.

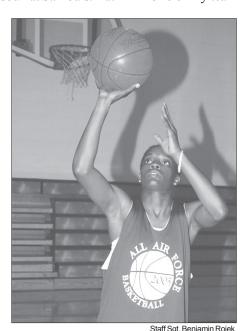
"Coming back to try-out, I had a different perspective from the last year," she said. "This time I had a position to lose."

She didn't lose her position or the Armed Forces tournament. Afterward, she was not only selected for the All-Tournament Team, but also for the All-Armed Forces team again. This time the team participated in the International Military Sports Council tournament at Naval Base Ventura County, Calif., going up against teams from the Netherlands and Kazakhstan, as well as the Los Angeles Police Department's Women's All-Star Team.

"That was a really big deal," said Miles. "That was the first time the women's team represented the United States in a international tournament."

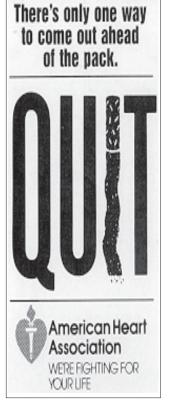
As long as her supervisor will give her the go ahead, Miles said she is planning on trying out again for 2006. Whether or not she makes it, she's just happy being on the court.

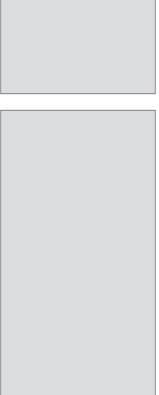
"I never thought I'd be playing ball when I joined the Air Force," she said. "I just went out to play pick-up games at the gym."

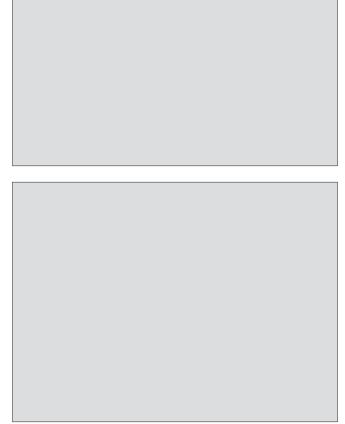


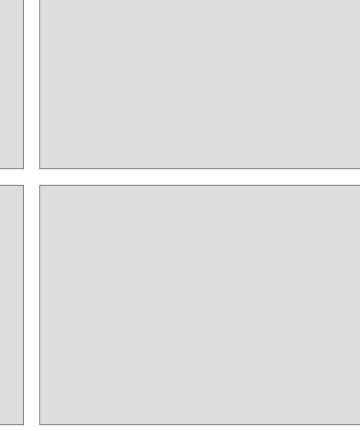
Mariela Miles shoots some hoops Wednesday at the Fitness Center. Miles is a senior airman with the 823rd RED HORSE Squadron.

Tyndall wishes the best of luck for AEFs 9 and 10!









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In stressful times, CISM team is there

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Recently in Panama City, the community, schools and emergency personnel responded together in the death of a high-school student during a fatal lunch-time car accident.

When traumatic events such as this happen, many organizations have systems set in place to assist persons affected. Tyndall is no different.

When personnel here need to cope with unexpected events like heart attacks, death of a co-worker or friend and serious car accidents, the Tyndall's Critical Incident Stress Management team responds.

"We can provide one-on-one counseling to the base community in response to a recent critical event that does not get recorded on a members records," said Maj. Tena Buffington, 325th Fighter Wing CISM team chief. "We provide prevention and education to let those affected know that what they are feeling is normal."

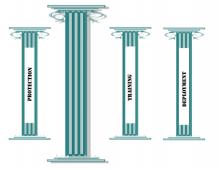
Following any mishap that requires Critical Incident Stress Team intervention, individuals may request and be provided up to four one-on-one sessions with a member of the CISM team once a debrief is completed. Sessions provide educational and prevention needs so no mental health chart will be established nor notations made for CISM group or individual sessions. If the person requires further assistance, then either recorded mental health treatment or unrecorded counseling by the chaplain may be initiated.

"We react on the short term imme-

diate need but if it starts to affect the mission or a person ends up needed therapy or long term life skills services we can no longer treat them off the record," said Major Buffington. "We want to mitigate that traumatic stress by providing information, care, counseling and prevention for them before that happens here."

There are five members of the CISM team. Around the base, 45 other personnel from a variety of job titles are peer counselors because they volunteered to help and met the CISM appli-

FORCE SUSTAINMENT



cation standards. They train quarterly here on base and go through an official course every two years.

"I only send who is needed depending on the situation at hand and what is best for the persons affected by the traumatic event," said Major Buffington.

It is important for an individual seeking help from CISM understand that the team only handles cases in immediate response to a critical incident. A critical incident is a current event during which the sights, sounds and smells are so vivid they cause any person to feel a significant increase in stress and stress

reactions, according to the CISM team here. Examples of these incidents include loss of life after a natural disaster or terrorist threat, serious on-duty injury, unusual tragic circumstances that cause harm to others, fatal car accidents and any incident outside the range of normal experience.

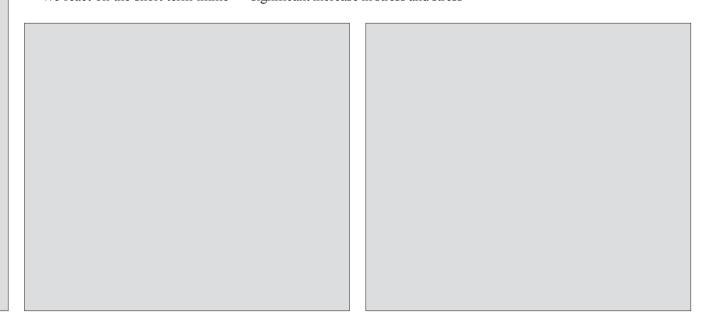
The Air Force's most common incidents with CISM needs are Class-A mishaps like a plane crash. In a deployed situation, military would see counseling teams more frequently because they are experiencing the trauma

of war day by day. But here, CISM works closely with the community's first responders like rescue, fire and security forces.

Often a person affected by such unforeseen tragedies experience flashbacks, nightmares, difficulty sleeping, substance abuse, guilty feelings, suffers family relationship problems, irritability, depression, anger, withdrawal, decline in job performance, memory loss, loss of ap-

petite and other reactions to critical incidence stress, said the CISM team here.

"When people suffer great pain and disruption in their lives, they frequently attempt to change the way they did things," said Major Buffington. "The health and safety of our people are jeopardized at the time of a traumatic event. CISM wants to provide the caring environment for our most valuable resource, our people. It is our goal to provide the prevention, mitigation and intervention to assist in recovery from recent traumatic stress."



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Community Center

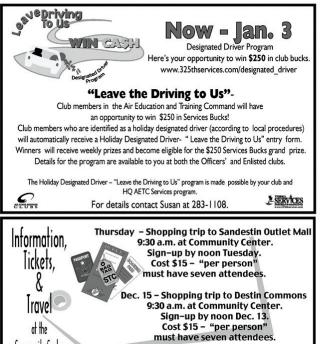
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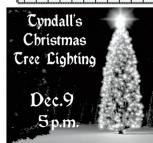
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Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129 Tyndall AFB, FL 32403, or faxed to (850) 283-3225. Ads can also be sent in by e-mail to checkertailmarket@tyndall.af.mil.

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Item description (One ad per form)
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We value your opi	nioi	n!	
Take a couple of minutes to give us on how we can make the Gulf De	•	_	
Did the front page grab your attention?	Yes [⊐ No	
Do you feel there is a good mix of local, command and Air Force-level news?	Yes [⊐ No	_
Do the photos encourage you to read accompanied articles?	Yes [⊐ No	
Is the Gulf Defender easy to read and follow?	Yes [⊐ No	_
What did you find most interesting in this week's paper?			
If you could change one thing in the paper, what would it be?			
Comments:			

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bring you back to life and found solace with many people who love you. She still wonders if she was at fault for being so far away when you needed her most. Your parents probably wonder if their divorce was to blame. Your sister is probably just as emotional and your brother may still have a hard time believing you are gone. Your high

Although you may not have thought anyone was there for you when you decided to take yourself away from everyone who loves you, many times you did seek your best friend's help. Remember that Thanksgiving you came to her cold and wet from walking in the snow? On her way to church today she also drove past that street corner where she met you and wept with you.

You always sought your best friend for help in coping with whatever pain you were dealing with and your mother worked with your friend in helping you. She was a part of your family and just as involved in your family struggles as you were.

Your best friend under-



stood that people who are sick like you do not often reach out for nearby help. It takes people who can listen to your silent cry for help, see the situation you try to hide, and understand enough to know where to get the assistance. There are signs that let people know if someone they care about is not well, and there are places that an ill person can go to seek the confidence to be well again.

At your funeral Mass the priest said you were strong. Again today, at Mass, his sermon topic was about ways people can find that spiritual strength you possessed and encouraged your best friend to have when you were alive. Your best friend is in church because you taught her how

important it was for her to be there.

When our minds focus on the sadness of a bad day, it can block us from recognizing who is there to help us and how happy life really is. Your best friend is truly sorry for those who love you because, like her, they will always wonder why you became so ill it blinded you from the reality of their open and caring arms. All they have is a memory of you to put in their lives today, like your best friend picturing you sitting next to her in church, sharing the Bible stories like you did when you were alive.

I know this because I am that best friend and I went to church today in place of you. Rest in peace.

• From FLU Page 4

poultry, it's essential to always wash hands and surfaces that come in contact with meat.

World Health Organization experts said although the virus can cause large numbers of deaths in these birds, there have been few transmissions to humans and human deaths from the disease are rare. Also, they said there have been no sustained human-to-human transmissions.

The State Department reported that since mid-2003, outbreaks of avian influenza in birds have been confirmed in Southeast Asian countries and Russia. It has also been detected in birds in Eu-

ropean countries. This prompted the permanent removal of millions of domestic poultry and wild fowl from the affected countries.

Infected birds pass flu virus in their saliva, nasal secretions and droppings, according to the CDC. Between 2003 and 2005, a few laboratory-confirmed bird-to-human infections of the avian influenza were reported, but only in Asian nations.

The CDC believes that most cases of bird flu infection in humans have resulted from direct contact with infected poultry or contaminated surfaces, largely involving people who work in bird farms.

